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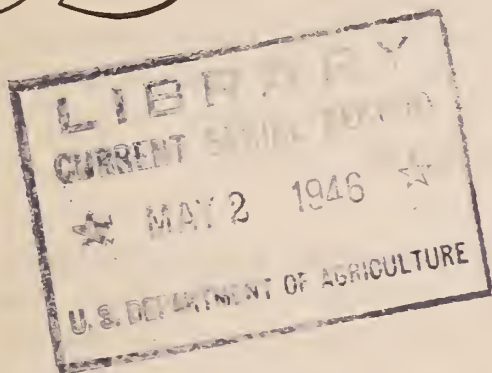




# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals.

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PRODUCTION AND MARKETING ADMINISTRATION

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## NEWS FROM THE FOOD FRONT

Everyone of us who read the President's address on the food situation, emphasizing the necessity for the United States to help feed the starving peoples overseas, should be aware that both industrial feeding operators and industrial workers must face some adjustment in their food habits in the plant and at home.

The first change from wartime food usage was caused by the President's wheat conservation order to extract 80 percent of the wheat grain instead of the 72 percent milled during the war. This will produce a cream colored flour.

Loaves of bread baked by grain experts of the Department of Agriculture at Beltsville, Maryland laboratories, were examined and tasted by Secretary Anderson. He took sample loaves to the White House for President Truman's approval.

The new flour, milled beginning March 1, will be more creamy in color than white flour but the flavor will be very similar.

The enrichment program will be continued so that wheat flour will contain the same amounts of supplemental vitamins and minerals as "white" flour and in addition it will have some protein of better quality than our former white flour.

The Department of Agriculture has re-instated set-aside orders on certain meats and fats essential for export to war-torn countries that have little or none of these foods.

Since March 3, pork cuts equivalent to 13 percent of the live weight of hogs slaughtered each week by Federally inspected slaughterers is

being set aside for export purposes. Thirty-seven states having a larger pork output are included in this order. Several southern states with insufficient pork supplies are not affected.

### ABUNDANT FOODS

Food supplies in 1946 will equal American nutritional requirements but not American buying power, the nutritional and agricultural economists tell us. We will get all we need of meats, poultry, fish, butter, fats, canned goods and sugar but perhaps not as much of some of them as we want or the particular kind we desire.

With the economic future of the United States and the Allies at stake, some sacrifices by civilians now is a small price to pay to feed hungry people and thereby help preserve the peace and security of the world.

Among foods expected to be in abundant supply throughout the Southwest this month are eggs, frying chickens, Irish potatoes, cabbage, carrots, fresh oranges and grapefruit, as well as processed citrus products, and rolled oats.

In some states farther from growing areas, fresh fruits and vegetables may be in somewhat short supply because of the shortage of refrigerator cars.

### SERVE EGGS AND EGG DISHES ON THE CAFETERIA MENU

Some of the popular meat cuts may be less plentiful because of military needs for the Army of Occupation and the nutritional needs of civilians in the occupied countries, as well as peoples freed from German and Japanese aggression.

Eggs are plentiful now and are among our most popular and healthful foods. Two eggs are the equivalent to a serving of cooked meat in protein content, are high in iron, supply vitamin B complex vitamins, vitamin A and usually vitamin D.

Fried and scrambled eggs, stuffed egg salad, poached eggs with a vegetable plate, chopped egg salad or sliced egg sandwiches, egg cutlets, scalloped eggs, egg omelet, cheese and other souffles are acceptable ways of using eggs on the industrial cafeteria lunch menu.

Hard-cooked eggs may be offered on the mobile unit lunch and at the lunch counters for mid-shift meals and for between-meal snacks.

Egg-filled sandwiches are always popular for lunch and snack service and stuffed egg and sliced egg salads make delicious main-course dishes, accompanied by fresh green and yellow vegetable salads, fresh tomatoes or tomato aspic, fruit salad or potato salad, either hot or cold.



One egg with ham, bacon, sausage, scrapple or baked hash or corned beef hash extend the meat and make a universally appealing combination at breakfast, lunch or dinner.

#### MENUS AND RECIPES USING ABUNDANT FOODS

This month's suggested menus for special lunches emphasize the use of abundant foods, especially fryers, eggs, potatoes, fresh and processed citrus fruits and rolled oats. Recipes for dishes using eggs are given.

Included is a popular "Pumpkin Cake" served in the Western Union Telegraph Company lunchroom. It is highly praised by our Industrial Feeding Specialists in the Northeast who have sampled it.

Dietitians of Government Services, Inc., have furnished us with two of their favorite standardized main-course egg dishes - "Egg Cutlets" and "Egg Pie." These dishes are popular at the Department of Justice, the Social Security Board and the Navy Department cafeterias.

These are three of the 55 or more employee cafeteria units operated by Government Services, Inc., under the supervision of the Federal Government. Government Services, Inc., feeds more workers than any other employee-feeding organization in the United States.

#### PUBLICATIONS ON EGGS

Industrial feeding managers and industrial dietitians will find the following publications and releases on eggs and poultry of value. They are from the U. S. Department of Agriculture, Washington 25, D. C.

1. "Egg Dishes For Any Meal" - AWI-89. Revised August 1944. No charge.
2. "Fact Sheet on Poultry" - PMA, November 1945. No charge.
3. "Tips on Cooking Fryers and Broilers" - PMA, Industrial Feeding Division, 150 Broadway, New York 7, New York. No charge.
4. "Poultry Cooking" - Farmer's Bulletin No. 1888. No charge.

#### OTHER PUBLICATIONS

1. "How to Store and Take Care of Eggs" - War Shipping Administration, Food Control Division, 1945. Washington 25, D. C. No charge.
2. "Life and Health from Food" - The New England Poultry and Egg Institute, 711 Boylston Street, Boston, Mass. No charge.

# SPECIAL MENUS FOR MARCH FEATURING ABUNDANT FOODS

These menus suggest ways of using many of the currently abundant foods. The references are as follows: 1/ recipes given in this issue; 2/ recipes given in February issue; 3/ see "Making the Most of Meats in Industrial Feeding"; 4/ see "Saving Sugar in Industrial Feeding".

1	2
Beef brisket with yellow turnips, potatoes Shredded carrot and raisin salad Enriched bread with butter or fortified margarine Chocolate nut pudding Beverage	Veal loaf with tomato sauce parsley buttered potatoes Buttered peas Whole-wheat rolls with butter or fortified margarine Butterscotch cream pie <u>4/</u> Beverage
3	4
Frankfurters with chili sauce Sauerkraut Mashed potatoes Enriched bread with butter or fortified margarine Blueberry turnover Milk	Creamed eggs on melba toast Baked potatoes Cabbage and green pepper slaw Oatmeal bread with butter or fortified margarine Pumpkin cake <u>1/</u> Beverage
5	6
Fried fish fillet with tartar Scalloped potatoes Buttered spinach (or other greens) Corn bread with butter or fortified margarine Orange chiffon pie <u>2/</u> Beverage	Epicassée of lamb with potatoes, onions and celery Glazed carrots Enriched rolls with butter or fortified margarine Pineapple sundae Beverage
7	8
Fried chicken with milk gravy Mashed potatoes Fresh green lima beans (or frozen) Hot biscuits with butter or fortified margarine Ice cream sherbet Beverage	Egg cutlets <u>1/</u> Baked potatoes Mixed green salad with shredded cheese garnish Whole-wheat rolls with butter or fortified margarine Sponge roll with lemon filling Milk

<p>9</p> <p>Roast shoulder of lamb with dressing Oven-browned potatoes with gravy Orange and grapefruit salad Whole-wheat bread with butter or fortified margarine Baked cup custard <u>4/</u> Beverage</p>	<p>10</p> <p>Grapefruit juice or 1/2 grapefruit Pork chop suey with boiled rice <u>3/</u> Cabbage relish Whole-wheat rolls Custard pie <u>4/</u> Beverage</p>
<p>11</p> <p>Boston baked beans with salt pork Buttered broccoli Sliced tomato salad with cottage cheese Oatmeal muffins with butter or fortified margarine Fruit gelatine with whipped cream Beverage</p>	<p>12</p> <p>Corned beef with green cabbage Potatoes in jackets Carrot sticks and dill pickles Enriched bread with butter or fortified margarine Warm gingerbread topped with apple sauce <u>4/</u> Milk</p>
<p>13</p> <p>Broiled fish with lemon butter Parsley potatoes Fresh Brussels sprouts (or other green vegetable) Whole-wheat bread with butter or fortified margarine Fresh fruit cup with oatmeal squares <u>2/</u> Milk</p>	<p>14</p> <p>Roast Pork Spiced apple sections Mashed potatoes and gravy Crisp carrot sticks and celery hearts Enriched bread with butter or fortified margarine Raspberry sherbet Milk</p>
<p>15</p> <p>Clam Chowder (or corn chowder) with crisp crackers Enriched bread with butter or fortified margarine Egg and celery salad garnished with carrot sticks and sweet pickle rings Cherry cobbler with fruit juice sauce Beverage</p>	



RECIPES FOR DISHES MADE WITH EGGS

The recipes for "Egg Cutlets" and "Egg Pie" are given through courtesy of Government Services, Inc., and "Pumpkin Cake" through courtesy of Western Union Telegraph Company, New York, New York, Mrs. Benn Coughlan, Restaurant Manager.

EGG CUTLETS

Ingredients	Amounts for 100 Portions
Thick cream sauce (12 ounces flour and 8 ounces chicken fat and 2 gallons milk)	1 gallon
Eggs, hard cooked, peeled and coarsely chopped	7 dozen
Salt	4 ounces
Pepper, white	1/2 teaspoon
Cornstarch	6 ounces
Water, cold	8 ounces
Egg wash:	
Eggs	1 dozen
Cold water	8 ounces
Fresh bread crumbs	As required

Size of portions - 4 ounces cutlet and 2 ounces sauce

Approximate cost per serving as of 1/15/46 - \$.065

METHOD:

1. Make thick cream sauce with chicken fat, flour, salt, pepper and milk.
2. Chop eggs coarsely and fold them into the cream sauce. Then add a paste made of the cornstarch and cold water and cook, stirring constantly until the mixture is very thick.
3. Pour the egg mixture into well-oiled pans to cool. When the mixture is chilled, dip with a No. 12 dipper. Roll each ball in flour, egg wash and fresh bread crumbs. Shape in cutlet form.
4. Fry to a golden brown in deep fat.
5. Serve with Creole sauce.



## EGG PIE

Ingredients	Amounts for 100 Portions
Onions, chopped	1 pound, 5 ounces
Butter, margarine, or poultry fat	5 ounces
Cream sauce, medium thick	2-2/3 gallons
Eggs, hard cooked, peeled and sliced	8 dozen
Carrots, diced	8 pounds
Peas, frozen	8 pounds
Pastry	6 pounds, 11 ounces

Size of portions - 6 ounces

### METHOD:

1. Brown chopped onions lightly with fat.
2. Blend the onions with the cream sauce.
3. Fold the sliced eggs into the cream sauce.
4. Mix prepared carrots and peas and dip with a No. 16 scoop into individual baking dishes.
5. Add 4 ounces of the egg mixture to each dish.
6. Cover with round of pastry.
7. Bake at 400° F. for about 30 minutes.

## PUMPKIN CAKE

Ingredients	Amounts for 100 Portions
<u>FILLING:</u>	
Sugar, brown	10 pounds
Ginger	3 ounces
Nutmeg	3 ounces
Cinnamon	3 ounces
Cloves	1-1/2 ounces
Salt	8 ounces
Pumpkin	4 No. 10 cans
Eggs	5 dozen
Milk	3 gallons

Ingredients	Amounts for 100 Portions
<b>CRUST:</b>	
Cake flour	6 pounds
Baking powder	2 ounces
Salt	2 ounces
Sugar	2 pounds
Shortening	2 pounds
Eggs, whole	1 dozen
Milk	1-1/2 quarts
Vanilla	2 ounces

METHOD OF MAKING FILLING:

1. Beat lumps out of brown sugar in mixing bowl using low speed. Add spices and salt. Mix at medium speed until blended.
2. Turn machine to low speed. Add pumpkin, then unbeaten eggs, the milk gradually blending them together.

METHOD OF MAKING CRUST:

1. Mix all dry ingredients together.
2. Add shortening to flour mixture and mix till coarsely granular
3. Mix unbeaten eggs, milk and vanilla and combine with the pastry mixture.
4. Chill. Roll out paste to fit two 17-inch by 25-inch by 1-inch baking pans.
5. Fill pastry sheet 3/4 full of filling.
6. Bake in 400° F. oven for about 15 minutes.
7. Turn temperature down to 350° F. and cook 1 hour and 45 minutes or until custard is set and crust is a golden brown.

THE "BEST BUY" LIST:

COLORADO, Denver: turnips, spinach, Irish potatoes, green peppers, beets, oranges, grapefruit, cauliflower, topped carrots, cabbage; KANSAS, Wichita: citrus fruits, Irish potatoes, sweet potatoes, cabbage, carrots, celery; LOUISIANA, Baton Rouge: oranges, carrots, Irish potatoes, lettuce; New Orleans: celery, cauliflower, Irish potatoes.

NEW MEXICO, Albuquerque, Gallun and Santa Fe: cabbage, carrots, celery, Irish potatoes, grapefruit, oranges; OKLAHOMA, Oklahoma City: cabbage, grapefruit, carrots, celery, oranges, Irish potatoes, sweet potatoes, tomatoes; TEXAS, Ft. Worth: cabbage, carrots, turnips, beets, spinach, cauliflower, celery, Irish potatoes, sweet potatoes, grapefruit, oranges; Houston: Irish potatoes, sweet potatoes, cabbage, citrus fruits, turnips, lettuce, celery, carrots.